

4. Leaping - run, run, run, leap, step, leap, run, run.

Working to perfect this into a smooth motion with a great deal of height.

Creative Dance

Lesson I

Warming-up---

- a. Skinning around room in one large c.
- b. 8 lines formed at each end of room facing. 8 run stps. fwd., 8 bk. 7 f. 7 b etc. down to 1. 1st beat on fwd. & bkwd. stps emphasized by stamp on floor.

Exercises---

A. above H., raised on toes with every muscle tense. On beat of drum sink to floor completely relaxed. Rt L. out at side along floor, lt. kn. ht. & on 1 to H. & A's drop fwd.

Sitt. apart, L's fwd. ----

Sitt. on floor, L's strt. & as far apart as poss., toes ptd. Strch up thru. Bk., H. high, lower part of bk. well mxx drawn in & no supp. from hds.

Correct walking around room---

- a. An. lifted, toe ptd down.
- b. strtght, toe up, hl. down.
- c. fl. on floor, other l. has toe just touching ground.
- d. Roll onto ball of ft., other l. then raised.
- e. Ft. is slightly fwd. & H is held high.

Lesson II

Warm-up ex.

- a. Circle- skp. 4x to rt. J. 3x turn., clapp.hds on 4. Repeat to lt.--rpt.agin.
- b. Variations-- skp. fwd. 4 stps. & turn. instead of sliding adways. Skp bk. turn w clap. Rpt.

Limbering-up ex.

1. Sitt. erect L's apart.--wout help, sitt. w bk.strgt. & L's wide apart. Strch 2 hds. down to touch rt. toe, then lt. Btwn touches lift H & hds high toward ceiling. Bk. arched.

2. To stretch l. mus.--sitt. in same pos. as above raise rt. kn. off floor by contracting up. l. mus., thus stiffening whole l. and drawing toes up. Hl. does not move. Press l. onto floor again by using mus. Do not relax them.

3. Shld. mov.--sitt. w l's on rt. & rt. A. out in front, shld. fairly high, el. slightly bt. & fingers just touching floor. By means of Shlds. mus. el. & xxi wrist, raise hd. & A. slowly above H, fingers coming up last as if they were a wt. Dropping shld. 1st, el. wrist & finally hd. as palm reaches floor, then A is in former pos. 4 L's. to other side & repeat w other A.

4. Hip loosening--A. outstreh. shld ht. 1 hd grsp. bar 4 bal. Raise other L. 60. then fwd. completely relaxed & all mov. coming from hips. Tw. about & rot. w other L.

5. Wrist & hd. movements.--a. rt. hd outstreh, clenched fist, let fingers relax. b. chang. hds. Variations by strch. fingers out as far as poss. as if reaching--then relaxing.

b. Move fingers as if doing 5 finger ex. bk. & forth. Strch. fing out as far

II.

c. At. A. outstch. move hd. in clock-w dir. All mov. coming from wrist. / dir. Hnt. w lt.

Lesson Lesson III

Warm-up ex.

a. run. around room.
b. 4 gounses. in corner. In turn the groups run to opp. corners start. very slow & gather. speed until at the end they r runn. as fast as poss. Rev time by start quick & ending slowly.

Limbering-up ex.

1. repetition of (a) sitt. erect, 1. apart & touching toes. (II. 1)
2. 1. mus. strength. (II. 2)
3. shld. mov. & A's. (II. 3)
4. hip loosen. -- this time all hold. hds for bal. (II.4)

5. Holding hds. for bal. every 2nd person work. Pt. lt. toe over rt. ft. sw.1. sdways from hip, then back across ft & rpt. Keep kn. strgt. & ft. nt. fwd. DE sure 1. does not go to bk. & frt. but directly sdways. Rpt. w rt. 1.

3. Chest Expansion--- Ly. flat on bk., a's extend sd. raise chest slowly so rest. on top of H. Slowly raise to sitt. pos. & over to touch toes w hds. keep. ch. up & H. bh. until very last. Drop bk. to floor & rept.

4. Development of Ht. mus.--- ft. apart, a's ext. shld. height, drop lt. shld. & move rectal circle to lt., keep. hips firmly in pos. Drop rt. shld. & bd. to rt. Try w. part. push. shld. down & holding hip. Try hold. own hips.

5. Hands on shld. rpt. as above, this time keeping shld. steady & moving hip circle from side to side.

6. Variations of walking.

a. Walk around room originally.
b. " point. toes so that they touch floor 1st.
c. " - touch. hl. lat-exaggerated.
d. " - raised toe.
e. " duck fled. (toes pointed out)
f. " no tin toe w quick wincing step.
g. " long, low, slow step.

Lesson IV.

Warm-up ex.

1. in J. Pander lead. line is smaller & so on spirally into middle & out in same way as if one is formed.

Limbering-up ex.-repetition of;

1. J. extension. (III. C)
2. relaxation to relaxation. (I. 1)
3. Hip swing. (III. 2-III.4)

4. Hip & shld. mov.- combination of w. v. C. from s-s wout hip movement & vis-ver. Leap to lt. etc. w rt. ft. draw. lt. after you & strgt. 1st hip, shlds., then 2. Leap to rt., etc. lt & rt.

III.

Stretch. higher L. mus. - sit on floor facing part. L wide & apart, bk. strght. 1 person places ft. on apt. of other person. Hold. hds. the inside person leans bk. to lie flat on floor all. other person fwd. Sit up, then outside person leans b. to lie on floor. Change pos. of ft. & rot.

4. Shld. mov. -

a. sitt. on floor w ft. on rt., cup again front (oval shape). Hds level to hips. Stretch & out away & bk., 1st shlds., elbows & last hds.
b. Do same as II. 3 only this time work w. 2A, 1 goes up as other comes down.

5. St. Strength.

a. St. w 1 ft. in front & raise up hl. Bend. toes & seem. as if to push hl. thru arch of ft. Raise & lower. rpt. w other ft.
b. st. w ft. 2-feet apart, raise hls. Up & down as if 2 j. only toes r glued & floor make it light & springy.
c. Do same, 1 ft. apart, then the other sit. Toes r glued & floor.

6. Variations of 1st.

a. W. & L. stiff.
b. a sto. liop. slowly.
c. " " 1 ft. crossing in front of lt. then behind lt sit.
d. On tip toes.
e. A. 1. toe point., other ft. w hl. touch. 1st.
f. L's mov. only from down, knees tog. (Variate w any other act. w hds., etc)
g. 3 sto. wide apart, 3 tog., etc.
h. Make up some sto w part.

Lesson V.

Term.-up Ex.

a. In 1 line number. in 4's, 1's going to 1 corner. 2's in other, etc. 1 from both 1 & 3 run at same time app. lt. shlds. & wav. as they pass. Then from 2, 4
b. Same formation. This time run. to. & leap as u pass ea. other's wav. hind.

Limber.-up Ex.

1. Rep. of a. - stretch. higher L. mus.
b. - bd. hip, shld., & from s-s. This time bd. over to lt., sto says w ft. ft. draw. B after u- hip shld. A till bent in other dir. Stop & lt & rpt.

2. L. strght. - sitt. on floor, 1 L strgh. out, hds drsp. enl. & hl of other. See, b. strgh. 1 ft L w hds. so it strght again B. Try & touch in to B but don't bend b.

3. L. swing. hind. - kn. on B hns. w hds. on floor. Bd. rt. 1 fwd. then bk. straight. 1 swing. it rt. up hind. as straight as poss., bd in front of u & sw. again. Change hns. & rpt.

4. Shld. mov. - a. st. erect raise lt. shld., drop it, raise, drop etc. Rot. st.
b. raise lt shld. & drop it; raise rt. & so on.
c. Move lt. shld. w circlin. mov.-up, fwd., down, b., up, fwd. down, up. rpt. w rt.

5. Elbow mov. - Extend lt. A. & hold hd. firm w rt. hd. Move el. in C, beg. w el. point. up as much as poss., then drop it out & down until el. is turned rt. in as far as poss. Smoothly return to start. pos. & rpt. Rot. w rt. el.

6. L. swing - (similar to III b)

IV.

9. Grund. Nov.

- I. Swing.
II. Sustained.
III. Percussion.
IV. Vibration.

Q. 24. Creations.

5. "Jingo" Best.

g. Plans, for diff. time notes.

Team VIII

1/2 Thyris - Flamingo
3 x up in alt for left from 1 up to 500 ft (A 750)
the 2nd - white flask (lot)
1) A - up 200 ft to top flask (up to 200 ft)
2) up to top flask (up to 200 ft)

A - up to top flask to side to side add
the up to top flask to side to side add
the up to top flask to side to side add

13/ Thyris - Flamingo - up to top flask to side to side add
the up to top flask to side to side add

Flamingo up

Lois Leighton.

“ Swimming. ”

Bibliography:

- Swimming Simplified - Lyda & Rita Sheffield.
Swimming - Victoria E. Lawson.
Swimming Water Sports & Safety - Boy Scouts of America
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Swimming - Daviss.

very satisfactory
of

"Swimming Simplified."

Chapter I Pages 1-22.

Beginner's First Lesson

1. Feel at home.
2. Solve problems relating to
 - (a) breath control
 - (b) floating
 - (c) regaining standing position.
1. Preliminary steps for Inspiring The Novice With Confidence.
 - a. sense of enjoyment.
 - b. lay foundation for the fundamentals of swimming & diving.

Introduction To Using Reptiles Recliner.

1. Sit about edge of swimming pool.
2. Rest feet on edge or in water.
3. Loos hands.
4. At signal jump in feet first.

Jumping The Barrier.

1. Group sitting on pool beds in line or circle formation.
2. Jump barrier rising high, then submerging shoulders or dipping under. In this vigorous play fears are unconsciously swept away.

Walking Race.

1. Teams line up on opp. side of pool.
2. join hands.
3. At signal race to center, face about & return.

Walking Race, Using Crawl Arm Movements.

1. Same as above.
2. Walk across pool using crawl A. movement.

Chain Race.

1. Stand in column formation.
2. Place hd around waist of person in front.
3. At signal race 2 sides by jumping, walking, running, etc without breaking chain.

2. Breath Control.

- (a) Assurance again strangling.
- (1) Choking caused by water in air passage.
- (3) Greater pressure of air in nose to counteract upward pressure of water.

Home Practice.

Starting Position - Use large basin of water. Place side of face in water, raise mouth sufficiently to clear surface.

Exercise 1. Holding The Nose.

1. Take deep breath, close mouth, submerge face.
2. Hold nose if desired.
3. In few secs. 'open the eyes'.
4. Repeat.

Ex. 2. Exhaling Under Water.

1. Take deep inhalation, close mouth, submerge face exhale some air thro' nose under water.
2. Return to start & exhale rest of air.
3. Repeat.
4. When done correctly - blowing of bubbles.

Ex. 3. Holding The Breath.

1. Practice on land.
2. Deep breath, hold nostrils, exhale gently experiencing plugged feeling.
3. Place hand under nostrils.
4. Deep breath, exhale, feel air on hand.
5. In midst of exhalation stop, hand have same feeling of forcing air out of nose.